

## SPECIFICATION AMENDMENTS

Amend the specification, p. 5, first full paragraph as follows:

The apparatus 1 may further comprise the user gripping bar 2 being vertically adjustable at a plurality of discrete vertical positions. Preferably, the apparatus 1 is freestanding and stowable. Optionally, the apparatus 1 may be provided with one or more pairs of stabilizing legs 8. This invention also contemplates an apparatus 1 in which a second pair of vertical support frames 34 and 36 is mounted on the rear of the free-standing vertical rear support frame 10 and a second support base 7 6' is provided for attachment to that second pair of vertical support frames 34 and 36 as will be described later.